

# How do I apply for food stamps?

If you are **disabled** or at least **60 years old**, you may:

- Apply at your local Social Services office.
- Apply at your local Aging and Disability Services office.
- Mail in your application and then go to the office for an interview.
- Have another adult apply on your behalf.
- Ask for a home visit or a telephone interview.

When you have your **food stamp interview**, you will need to bring:

- ✓ Photo identification (such as a driver's license).
- ✓ Social Security numbers for everyone for whom you are applying.
- ✓ Proof of your rent and utilities costs (such as bills or receipts).
- ✓ Proof of your income (such as check stubs).
- ✓ For non-citizens, proof of lawful immigrant status for household members seeking benefits.

For more information, call

**Oregon SafeNet**

**1-800-SAFENET (723-3638)**

(503) 988-5858 (Portland Metro area)

If you need this brochure in an alternate format please call  
**1-800-723-3638.**

USDA is an equal opportunity provider and employer.

# Staying Healthy on a Tight Budget:



**Food Stamps for Seniors and  
People with Disabilities**

# What are food stamps?

Food stamps help:

- Low-income people buy the food they need to be healthy.
- Support local grocers and strengthen the local economy.
- Foster healthy and stable communities.



## Facts about food stamps:

- You do not have to pay for food stamps.
- You may qualify even if you live with other people.
- You can get food stamps even if you get Social Security or retirement benefits as long as those benefits are below the food stamp income limit.
- Benefits can be saved on your *Oregon Trail* card for up to three months.
- There are enough food stamps for everyone who needs them!

# Am I eligible?

You may be able to get food stamps if your income is less than:

Household Size	Monthly Income
1	\$1,324
2	\$1,790
3	\$2,255

*\*Income guidelines will be updated in April 2002.*

If you meet these income guidelines, you may still qualify even if you have resources like a home, car or bank accounts.



## How do I use food stamps?

In Oregon, people get their monthly food stamp benefits on an ***Oregon Trail*** card. You can use it just like a bank debit card in the machines at your grocery store check-out. Your card will come with instructions on how to use it.

